

July 2022

Carver Council on Aging

What's Happening in July

Annual BBQ Luncheon

Tuesday,
July 12th at
11:30 am



Join us for a summertime classic cookout! Entertainment will be provided by "Yesterday's Country Band" featuring vintage country and western music courtesy of the Friends of Carver COA. Members of the Carver Police Department will be grilling up burgers and hot dogs with all the fixings! Classic barbeque sides will include potato salad, pasta salad, corn, baked beans and watermelon.

Tickets are \$5 each and will be on sale with June in the Nutrition Center starting Tuesday, July 5th.

Pick up your tickets early since they sell out fast! If you want to sit with friends at the event, plan to arrive together as seats cannot be reserved.

The UCLA Memory Training Program

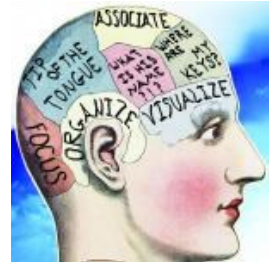
A 4-session course teaching memory enhancing techniques co-sponsored by Old Colony Elder Services and Carver Council on Aging

What Will I Learn In Class?

- * What memory is and how it works
- * How to reduce tip of tongue moments
- * How to reduce your memory burden
- * Your learning style
- * Better memory habits
- * Strategies & techniques

for the most common memory complaints.

The 4-week course will meet on Mondays from 1:00 pm - 3:00 pm starting July 11th.



For more information and to register call 508-866-4698 x3

IMPORTANT: This program is not designed for individuals with dementia or an identified memory issue.



CARVER COA BLOOM BUS TOUR TO CAPE ANN

Wednesday, September 7th

Enjoy a scenic drive to Gloucester with a stop for lunch at the Village Restaurant followed by a 2 hour guided tour of Essex, Rockport and Gloucester. Shop the quaint stores, visit the art galleries or just sit by the water and take in the beautiful coastline in the free time before your return trip home.

COST: \$75 for "Friends" Members / \$100 for Non-Members.
FOR RESERVATIONS CALL 508-866-4698 X3

COUNCIL ON AGING

Monday - Thursday
9 AM-3 PM

Friday 9 AM-12PM

48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR

Connie Kelly
Monday-Friday
8 AM-4 PM

508-866-4698 x3
connie.kelly@carverma.gov

BOARD OF DIRECTORS

Donna Marie Forand-Chair
Claudia Miller-Vice Chair
Helen Marrone-Secretary
Savery Moore
Elaine Raymond
Paula Hitchcock Alt.

FRIENDS OF THE CARVER COA

Ron Clarke - President
Paul M Kelly -Vice President
Madeline Joyce -Treasurer
Jackie Rogerson - Secretary
Alice McMahon - Board Member

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Appointments (*any weekday*) - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus.

Have the address of the location you need transportation to when you schedule a ride.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please be ready at the scheduled pick up time!

Drivers are ***only able to wait a maximum of 5 minutes after the scheduled pick up time.***

Be considerate of the drivers and the other passengers.

SHOPPING SCHEDULE

SUPERMARKET RUNS

Wednesdays 12:30 pm Market Basket

Thursdays 9:30 am - 1st & 3rd - Walmart / Wareham
2nd & 4th - Walmart / Plymouth

Fridays 9:30 am Shaw's

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

How do I schedule a ride?

Call **508-866-4698 x-1** prior to 12 pm the day before.

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers *must* bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

SPECIAL NOTICE

Due to increased ridership, reservations for Gatra Bus trips need to be made as far in advance as possible.

As soon as you make your doctor's appointments call the dispatcher at 508-866-4698 x1 to make a reservation for transportation as well.

It is never too soon to reserve your spot!

LOAN CLOSET (*please call before dropping off items*)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., to borrow at no charge. ***Sanitization is the responsibility of the borrower.***

COPIES

The COA will make **FREE** limited copies for seniors. Ask a staff member during our regular hours for assistance.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**.

Meet with Mark at the COA monthly every 4th Thursday.

LEGAL ADVICE AT THE COA

Attorney-at-Law Lawrence L. Hale is available for free 15 minute legal advice appointments for seniors on the **second** Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3** for an appointment.

FREE FINANCIAL CONSULTATIONS \$\$\$\$\$\$\$\$\$\$

Meet with Sandy Childs, Financial Advisor with Edward Jones, for a free half hour session every 4th Tuesday from 1 - 4. Call **508-866-4698 x 3** for an appointment.

FRIENDS OF THE CARVER COUNCIL ON AGING

Annual membership is \$10 which supports COA activities, events, performances and trips!

Checks can be sent to:

Friends of Carver COA, P.O. Box 72, Carver, MA 02330.

For more info check the website: friendscarvercoa.com



SENATOR MARC PACHECO

Call **508-822-3000** or **617-722-1551** for an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call **508-295-5999** for an appointment.

WEEKLY WELLNESS CLINICS

Carver EMS provides weekly blood pressure clinics plus **monthly** glucose and cholesterol screenings Tuesdays from 9:30 am -11:30 am. Drop-in.

FOOTCARE

Call Dr. McLaughlin (podiatrist) at 781-738-3472 or BID Podiatry Clinic, 116 Court St., Plymouth 508-747-1973.

MOVIE MATINEE:

UNDER THE TUSCAN SUN

Friday, July 15th at 12:30 pm

Based on the true story of San Francisco writer Frances Mayes (Diane Lane) who travels to Italy and impulsively buys an aging, but very charming, villa in the Tuscan countryside. She then finds herself immersed in a life-changing adventure in this beautiful foreign land.

Please register at 508-866-4698 x3.



GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Heidi Lufkin-Miles

Outreach Facilitator

Monday - Friday

8 AM - 4 PM

508-866-4698 x 2

NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:30

WEEKLY ACTIVITIES

CHAIR YOGA

with Mary Wilson RYT500 - Mondays, July 11th, 18th & 25th at **9:00 am.** During the summer months classes will be held at Sampson's Pond, weather permitting. Otherwise, they will be held inside the COA. Suggested \$5 donation. **Please be sure to register at 508-866-4698 x-3 to reserve a spot and a parking pass for Sampson's Pond.**

OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1:00 pm. Call to register at **508-866-4698 x3.**

ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays at 5 pm. Register **508-866-4698 x3.**

RUMMIKUB

Wednesdays at 12:00 pm. Drop-In.

BINGO Thursdays, 12:30 pm (Arrive before **12:15 pm** to buy games)

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am meet Police Chief Marc Duphily to discuss any concerns. Drop-in.

SINGO - MUSICAL BINGO

with Jim the DJ Guy on the first Monday of every month - 12:00 pm.

LINE DANCING CLASS

with David & Marcia Burbank Fridays, July 8th & 22nd at 1:00 pm. **Cost: \$5**
Please register at 508-866-4698 x3.



BEREAVEMENT SUPPORT GROUP

Meeting on Friday, July 22nd at 10:00 am. **Please register at 508-866-4698 x3.** (4th Friday monthly)

MEET & GREET WITH HEIDI

Meet COA Outreach Facilitator, Heidi Lufkin-Miles, monthly in the Small Meeting Room of the Carver Public Library or call to set up an appointment **508-866 4698 x2.**

iPAD INSTRUCTION w/ Lydia Nelson Tuesday, July 26th at 10:00 am. Bring your own iPad or borrow one of ours for the class! **Please register 508-866-4698 x3.**

WHAT'S HAPPENING THIS MONTH

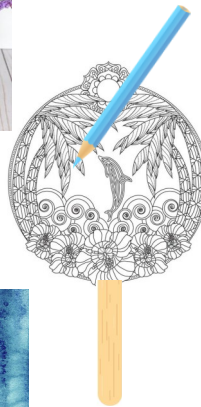
WEEKLY CRAFT CLASSES

Sponsored by the Friends of Carver COA Wednesdays at 10:00 am **Please register 508-866-4698 x3.** Supplies may be limited.



Silk Floral Centerpiece
7/6

Adult Coloring Tropical Fan
7/13



Watercolor Jellyfish
7/20

Embellished Clay Sea Star
7/27



JEWELRY MAKING WITH NANCY

Thursday, July 14th at 3:00 pm. Design and craft a unique custom beaded necklace with Nancy's helpful guidance. **Cost \$10. Please register at 508-866-4698 x3.**

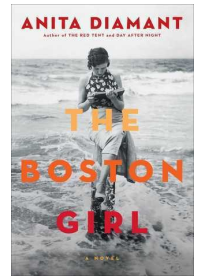
POETRY WORKSHOP

Tuesday, July 19th at 2:00 pm Bring a favorite poem to share and discuss! **Register at 508-866-4698 x3**

BOOK CLUB SELECTION

The Boston Girl

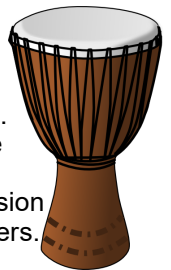
By Anita Diamant
An unforgettable coming-of-age novel about family ties and values, friendship and feminism told through the eyes of a young Jewish woman growing up in Boston in the early twentieth century. **Please register at 508-866-4698 x3.** Copies of this book will be held at the front desk of the Carver Public Library. **Book Discussion Meeting will be Monday, July 25th at 12:00 pm. Note the earlier meeting time!**



FREE CREATIVE DRUMMING

with Soothing Touch to Go Tuesday, July 19th at 1:00 pm.

There is something calming, primal, and cathartic about drumming. Drum circles allow people to experience the joy and healing powers of percussion while connecting with others. Join us to experience this fun and freeing activity! **Please register at 508-866-4698 x3.**



MEET THE AUTHOR: GAYLE SUZANNE

Friday, July 29th at 10:00 am

Gayle Suzanne is a certified Life Coach, Television Host of "Moving Forward with Gayle Suzanne" and a public speaker. In her book titled "It's in the Little Things", Gayle shares some of the humorous and emotional stories that have transformed her life. Come meet Gayle to hear some of the stories from this uplifting book which will be available for purchase and signing. **Please register at 508-866-4698 x3.**



FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs - 8 - 1
*Wed 1 - 4
Sat/Sun/Mon - Closed
*Wed. is Veteran's Shopping Day
508-866-7673

MEALS ON THE MOVE

The COA provides prepared meals for homebound elders.
Monday - Friday
Daily Cost: \$3.00
Call the Nutrition Center at **508-866-4698 x 4**

SHINE PROGRAM

Health Insurance Counseling
Appointments at the COA are not available at this time.
Please call the Regional Office at the Middleboro COA at 1-800-AGE-INFO (1-800-243-4636)

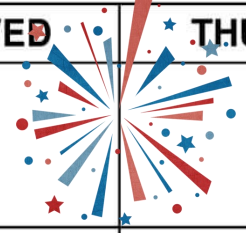


CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330

JULY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
<p><i>The printing of this newsletter is supported in part by the Executive Office of Elder Affairs.</i> <i>To help reduce the costs of printing and mailing please consider receiving your newsletter by email!</i> <i>Send an email to: CarverCOANews@carverma.org.</i></p>					1 Lunch 11:30 am	2
3	4 CLOSED FOR INDEPENDENCE DAY	5 Wellness Clinic 9:30 - 11:30 am BBQ TICKETS ON SALE STARTING TODAY Lunch 11:30 am Oil Painting 1:00 pm	6 Silk Floral Centerpiece 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	7 Lunch 11:30 am BINGO 12:30 pm	8 Lunch 11:30 am Line Dancing 1:00 pm	9
10 <i>PLEASE NOTE THE EARLIER TIME FOR CHAIR YOGA STARTING THIS MONTH!</i>	11 Chair Yoga 9:00 am Lunch 11:30 am SINGO! 12:00 pm Memory Training 1:00 - 3:00 pm	12 Wellness Clinic 9:30 - 11:30 am ANNUAL BBQ LUNCHEON 11:30 PM Oil Painting 1:00 pm	13 BLOOM BUS NEWPORT TRIP Adult Coloring Fan 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	14 Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Making 3:00	15 Lunch 11:30 am Movie Matinee 12:30 pm	16
17	18 Chair Yoga 9:00 am Lunch 11:30 am Memory Training 1:00 - 3:00 pm	19 Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Drumming 1:00 pm Poetry Workshop 2:00 pm Oil Painting 1:00 pm	20 Watercolor Jellyfish 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	21 Lunch 11:30 am BINGO 12:30 pm	22 Bereavement Support Group 10:00 am Lunch 11:30 am Line Dancing 1:00 pm	23
24 <i>PLEASE NOTE THE EARLIER TIME FOR BOOK CLUB THIS MONTH!</i>	25 Chair Yoga 9:00 am Lunch 11:30 am Book Club 12:00 pm Memory Training 1:00 - 3:00 pm	26 Wellness Clinic 9:30 - 11:30 am iPad Instruction 10:00 am Lunch 11:30 am Financial Planning 1-4 Oil Painting 1:00 pm	27 Embellished Clay Sea Star 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	28 Veterans Agent Mark Pineo 10:00 - 12:00 Lunch 11:30 am BINGO 12:30 pm	29 Meet the Author Gayle Suzanne 10:00 am Lunch 11:30 am	30